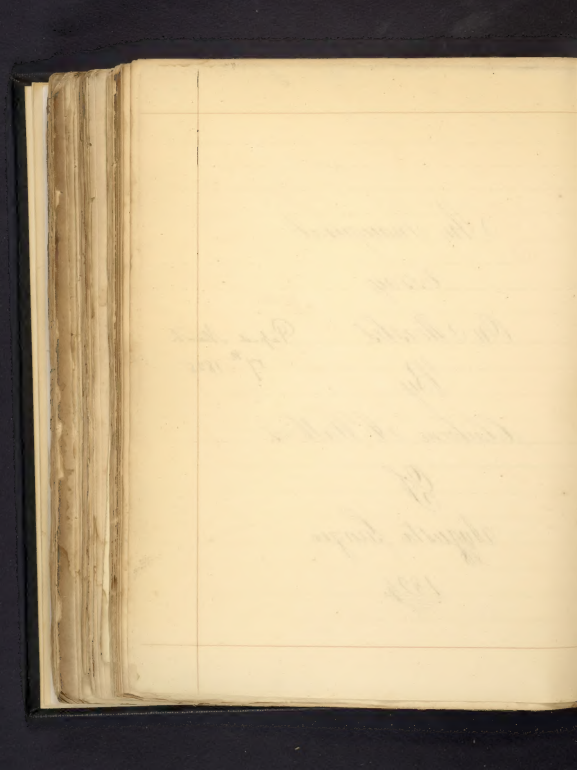
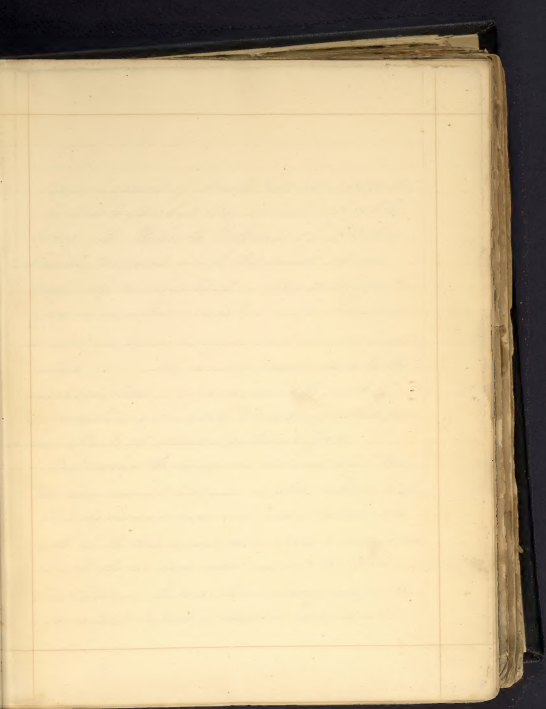


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V. L. 7<sup>th</sup> & Walnut

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An Inaugural  
Essay  
On Measles.  
By  
Claiborne A. Watkins.  
Of  
Augusta Georgia.  
1824.



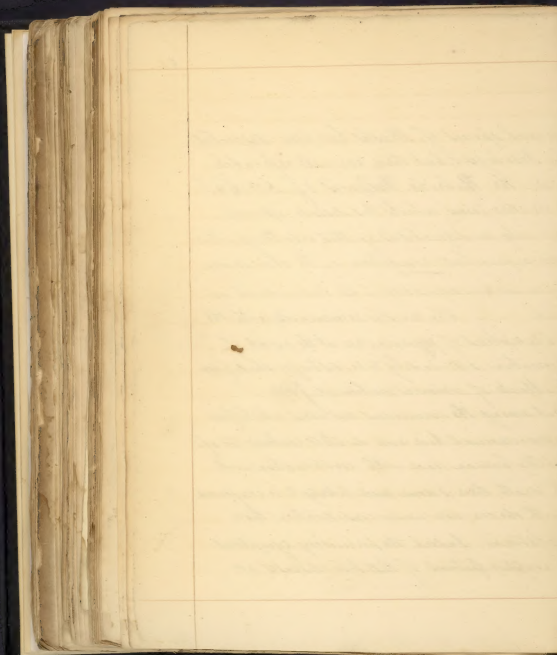




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Several species of Measles have been described  
by Aesculapists, but they are all referable  
to one, - the *Rubrola Vulgaris* of Dr. Cullen;  
the other forms which this disease assumes  
being only modifications of this, resulting either  
from a peculiar condition of the atmosphere,  
or from an idiosyncrasy of the Individual af-  
fected. The measles commence with the  
usual symptoms of pyrexia; nor at the period of  
its formation is it readily to be distinguished from  
an attack of common continued fever.

But among the numerous maledis, which from  
time immemorial have, and do still continue to af-  
flict the human race with conflagration and  
with death, there is none more likely to be confound-  
ed with the one now under consideration than  
Scarlatina. Indeed the precursory symptoms  
and eruptive features of these two distates are



occasionally so similar that the most accurate Observer is often at a loss how to discriminate the one from the other, whilst the Physician, destitute of a sure guide to direct him, wanders in his practice, being fully aware that, whilst cold abatement, in the one case, would soothe the anguish and diminish the irritability of his Patient, in the other, they would aggravate every symptom, induce violent pneumonia, and inflict upon his suffering victim, a calamity which could never be repaired - even the destruction of life itself.

Hence, the importance of a correct Diagnosis of disease cannot be too highly appreciated by the Medical Practitioner, for without it his path is perhaps dark and desperate, here the lights of our glorious Science can lead him no way to dispel the gloom which waits his progress and should he persist in his course without other aid than his own ingenuity, he threatens but to imbel's fall, dangerous principles and prescribed remedies, but to kill.

The first part of the book is devoted to a description of the  
various species of plants which are found in the  
country of the author. The second part contains a  
history of the country, and the third part is a  
description of the various species of animals which  
are found in the country. The fourth part is a  
description of the various species of minerals which  
are found in the country. The fifth part is a  
description of the various species of fossils which  
are found in the country. The sixth part is a  
description of the various species of rocks which  
are found in the country. The seventh part is a  
description of the various species of soils which  
are found in the country. The eighth part is a  
description of the various species of climates which  
are found in the country. The ninth part is a  
description of the various species of winds which  
are found in the country. The tenth part is a  
description of the various species of rains which  
are found in the country. The eleventh part is a  
description of the various species of snows which  
are found in the country. The twelfth part is a  
description of the various species of frosts which  
are found in the country. The thirteenth part is a  
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description of the various species of earthquakes which  
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description of the various species of volcanoes which  
are found in the country. The sixteenth part is a  
description of the various species of comets which  
are found in the country. The seventeenth part is a  
description of the various species of meteors which  
are found in the country. The eighteenth part is a  
description of the various species of auroras which  
are found in the country. The nineteenth part is a  
description of the various species of eclipses which  
are found in the country. The twentieth part is a  
description of the various species of other celestial  
phenomena which are found in the country.

1800



Yea, without this operational knowledge, Medicine is degraded  
beneath the character of a science and instead of being like  
the magnificent orb of day, a benefactor to the world,  
she becomes in the hands of her ignorant votaries the  
fell destroyer of all things noble, of all things lovely  
beneath the azure canopy of heaven. Hard indeed must  
be the fate of him who is so unfortunate as to seek advice  
from such embogglers of human life, surely, he has no  
antidote but in despair, no refuge, but in the grave!

With these sentiments of the absolute necessity of  
a thorough investigation of any malady whatever before  
entering on its cure, I shall in the few first following  
pages, with much diffidence, aided by the opinions and  
writings of others, endeavor to point out in as brief a  
manner as possible the symptoms and various grades which  
characterize measles in contra distinction to the Scar-  
let Fever; previously promising the request however,  
that my respected Instructors will regard this juve-  
nile production with indulgence, and forget its many  
errors in consideration of the Author's inexperience, since

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though he is but a tyro in the study of physic, still that  
He proposed himself to be an enthusiastic doctor at  
the shrine of Asclepius.

### Diagnosis.

The Miasms are usually ushered in by other & other  
heads, which are soon succeeded by an increase of fever  
attended with great nausea, heat, thirst, languor and loss  
of appetite—so much so that the very articles of diet which  
but a few hours before were esteemed the richest deli-  
cacies, now appear to want their usual flavor and  
are altogether unpalatable—the tongue is white and  
foul, there is heaviness of the head and drowsiness, ap-  
petite in some cases almost to cease—the mucous mem-  
brane of the head and chest are alike affected; the  
lunulae contracture, the Schneiderian membrane and  
the delicate membrane of the bronchia;—the eyes lids  
are swollen, suffused, watery, and morbidly sensitive to  
light; there is a copious secretion from the nose, with sneez-  
ing; and lastly a hard dry cough supervenes, ac-  
companied with hoarseness, vomiting, or purging which



arrests the former, pain in the head and loins and with some degree of dyspnoea. The heat of the skin is great, the pulse frequent, hard, small and irregular and the general marks of pyrexia are severer than what occur in common cases of catarrh. The efflorescence usually exhibits itself on the fourth day from the occurrence of rigors, but it is sometimes delayed a day or two more. Cases however have occurred where the previous catarrhal symptoms continued for eight days or a fortnight. The eruption first shows itself on the forehead, assuming the appearance of small red spots, resembling flea-bites very much; on the fifth they gradually extend to the neck and breast as they augment and run into each other, red clusters are formed; the spots are scarcely elevated above the surface, and are perceptible only to the touch; And as Dr Willan, who was a most accurate observer of cutaneous diseases, remarked, the spots are usually clustered in a semicircular form. Afterwards, broad patches spread over the body and lower extremities, not



guts so prominent, but of a richer red than those of the  
face. The colour of the eruption is generally of a dingy  
red, very different from the vivid redness of the scarlet  
fever. During the eruptive stage, the febrile and ac-  
companying symptoms sometimes subside completely,  
but this is by no means frequently the case.

Indeed they are often aggravated, so that upon  
the second and third day of the eruption, it is not un-  
common to meet with symptoms of the most acute ✓  
inflammation. Should a vomiting of bilious matter  
or a diarrhoea ensue at this period it usually proves  
beneficial. On the second day the efflorescence is  
most lively, and as it declines on the face, it is at its  
height on the extremities. On the third, the earlier spots  
die away, and in two more days the later ones disappear  
also, leaving a brown, like purple, and, partial discolor-  
ation of the skin which usually remains only for a  
few days. On the tenth, all traces of the eruption are  
entirely erased, but the other symptoms are not quite  
so vanishing, some of them often increase; as the





cough, discharge from the eyes, difficulty of breathing  
etc. all denoting a high febrile excitement, in-  
vites the most vigilant attention.

The progress of the disease at a full stage  
is difficult not to recognize. Several in fact have  
not noticed, that where the catarrh, tho' of that in-  
tense and pronounced degree that preceded the case and  
infectious, yet in this case no fever does as con-  
sider the case depends but more especially of  
a diarrhoea attended by a prostration or a jaundice  
of the system dependent is render it all the more  
unfavorable.

The prodromic symptoms of the scarlatina  
fever like those of the former, are shivering, chills  
of cold alternating with heat, thirst and an-  
guish, among which however there is no great  
degree of gastric uneasiness. In the second  
or third day, a redness and soreness of the throat comes  
on, and, in the evening, there is delirium, a stiffness  
of the neck and burning heat. In the mouth, the



face swells and together with the neck and rest of  
 the body, becomes covered with a florescence which  
 is red, more copious, broader and of a much more  
 florid colour, but at the same time, not so uniform  
 as that which we observe in the male, but they are  
 without any rough or scaly appearance, which also serves  
 to distinguish them from the female, some times  
 they appear and recede two or three times du-  
 ring the disease; indeed, the redness shows itself  
 to be uniform as if the skin was suffused with French  
 measles, not distinguished itself in a list of <sup>instants</sup>  
 upon the breast as the measles do, <sup>always</sup> but  
 distinct about the joints and the joints of the  
 extremities. The eruption also spreads over the surface  
 of the mouth red, faint, and the papillae of the  
 tongue, which are always ~~closed~~ <sup>open</sup>, extend their  
 secret points through the white or which covers it,  
 but without the red of the simplest, though sweet  
~~signified~~ <sup>signified</sup> of the disease. The labial <sup>gum</sup>  
 but are sometimes very slight.



At other times there is considerable heat of skin, restlessness and frequency of pulse. The eruption continues about three or four days, after which a brown scurfy desquamation of the cuticle ensues.

The features which mark the other form of this fever, such as the S. of Scarlatina. Uninflamed and "Malignant" are so prominent and joined, that I need scarcely dwell upon them for a moment. However, I will merely remark that the first symptom of either of the two affs, is an uneasiness of the throat; that the voice is rough and deglutition difficult; the tonsils and fauces are inflamed and swollen as in Erysipelas tonsillaris, which eventually forms superficial ulcerations or speckles; that, when these are numerous, they exude a disgusting foetus, while the throat is clogged up with viscid phlegmas; besides, that the other inflammatory symptoms are so violent and obstinate, it is wholly



impossible to mistake either of these two varieties.

Having thus accomplished the primary object of my undertaking, I shall now proceed to the  
Treatment of Measles.

This is varied according to the mildness or violence of the attack. In its most lenient form medical advice is never solicited; but when it assumes a more imposing character, a well graduated temperature is of the utmost importance. Ventilation is highly beneficial if conducted properly during the eruptive fever, for in the same manner that a cold atmosphere proves hazardous, so does a close, stifled one become equally, if not more prejudicial in every variety of this disease. The Physician should always therefore consult the feelings of his patient on this point, which generally favor a degree of warmth such as will promote cutaneous eruption and reject an excess of heat such as well augmented fever. That which is most agreeable is within the range of  $55^{\circ}$  and  $60^{\circ}$  of Fahrenheit's scale. There is a very striking sympathy





between the lungs and skin, and between the skin and bowels, in Scabies, inasmuch that excessive purging diminishes too much the flow of blood towards the surface, and that effects reacts in its turn unfavorably on the respiratory organ. But on the contrary, a gentle action on the bowels is always beneficial, & restrains the general excitement, and wards off topical inflammations, without the risk of oppressing the chest.

This is verified, when a diarrhoea occurs spontaneously at the beginning of the stage of reaction, at which period it is seen to check the progress of the rash, while the breathing at the same time grows more oppressed. Such incidents therefore, should caution Practitioners against instituting any thing like hyperstharsis, which might have similar effects at that stage. Hence, in the above mentioned instance of this fever, Small doses of cold Elixir castor oil, or of the Elixir of Magnesia with an infusion of lemon, or of Rhubarb & Magnesia, must be so exhibited as to procure two evacuations in the



twenty-four hours, desiring the progress of the disease; and when the excitement is somewhat greater, four or five grains of calomel may be added to the above medicinal, this preparation being then more spiritual as the adjuvant is essential well to be found in a well regulated state. It is usually accompanied with an occasional spirit at bedtime, and a strict antiphlogistic regimen will answer every purpose in a large majority of such cases; and when the chest may be apparently threatened with a typical determination of blood, an antimonial emetic, with this spirit rather well frequently precludes the necessity of more vigorous measures. Antimonial and diluent beverages, such as Lemonade, barley<sup>water</sup>, &c. are indeed great adjuvants at that period, and may be advantageously intermitted occasionally, as <sup>they</sup> tend to keep up an action on the skin and thereby promote the eruption.

If the fever is high, the cough purplish, the pulse full and hard, venesection must be employed, and repeated as often as the urgency of the case requires.



the quantity drawn being regulated by the judgment of the Practitioner used, the effects produced.

Should convulsions supervene during the eruption at occasionally happens among children, the most efficient remedies are moderate venesection, total immersion in the warm bath, Laudanum, an emollient if the bowels are constipated, and an emetic if the patient can swallow it.

In the whole course of the affection, the bowels should be kept free and open and that rather by the gentle, than the drastic purgatives. In proportion therefore that excessive purging is to be deprecated, so is the moderate use of aperients to be commended in this class of cases which have just been considered. It is one of the most valuable and correct observations of Hippocrates that burning fevers seldom get a violent head where the bilious cells and it is this peculiar advantage of laxatives, that they are applicable to all of such affections, whereas purgatives and venesection are only adopted in the most



aggravated form. To allay cough, barley water, flax seed tea, mucilages of gum arabic, should be used; to excite expectoration, those of this class of remedies which are usually preferred, may be employed, such as combinations of equal and acrimonious wine, added by judicious doses. What ever be merited.

If inflammation attacks the pleura during the eruptive fever, it generally spreads to the lungs, so that the patient after death will be found harder than natural, from an effusion of lymph into their parenchyma; and this appearance of the lungs of persons who fall victims to measles, is perhaps more common than after the fatal termination of simple pneumonia from cold, or a like ordinary cause.

In an exigence of that nature, it is best to combine general and local bleeding at the same moment by means of venesection, Leeches, &c; for the first will diminish the impetus of the venous circulation, which in a great measure maintains the topical disease, and the last will exert an





immediate influence on the contiguous portion of the inflamed pleura, by reason of the free communication between it and the integuments of the thorax.

When these measures have been pursued, a blister may then be applied over the seat of the pain very beneficially.

When the mucous membrane of the trachea is itself inflamed or when the bronchial passages are loaded with phlegm, from pulmonary, hepatic or pleuritic inflammation, which is readily discovered by the bare laryngeal valve, the lips of a wind, bluish hue, and some parts of the skin becoming colder and others hotter than natural; while the patient is watched, a Houliery may be used to breathe through, phlegm lodged in the air cells and the chest is observed to heave laboriously;—Whenever these or these symptoms occur with an anxious countenance, and a quickened, or irregular pulse, the Practitioner should



be prompt in his proceedings; for that is one of the most alarming & vicious inflammation in the Measles, and I undoubtedly suppose is the most imminent cause of death. And on a post-mortem examination, as in purp. pneumoniae nostra, it will be found that the mucous membrane of the air passages is the part chiefly implicated in the inflammation, and the bronchia charged with morbid mucus, frequently mixed with pus.

In such examples after the opera. flow of an emetic is the continued use of nauseating doses of antimony and of high utility for him as only imitate the Physicians status, who often attempts the removal of putrid mucus by a copious effusion of serum fluid, from the capillaries of the air cells; hence, where this fluid is freely expectorated, invalids seldom do well, but if it be retained as it is secreted, it not infrequently tends to produce suffocation, especially in children; and it is in such cases in which the



expectoration is deficient, that the shock of an emetic, by dislodging the phlegm and inducing a change in the action of the heart, may save the lives of some patients. The warm bath strongly impregnated with salt may also be ranked among our best secondary means for such affections, as the whooping and dyspnoea soon abate after its application. Under these circumstances it sometimes has all the tranquillizing effects of an anodyne, besides relieving the chest by means of a copious diaphoresis. All our officinal agents should be concentrated within a short time, and then we should endeavor to soothe the acutest irritation of the disease and of the remedies by mild treatment; for if we fail to arrest the inflammation in the chest, by persevering in irritant and irritating measures, we shall only contribute to hurry our patient to an untimely grave.

In a premature retrocession of the rash, the tepid salt water bath, together with frictions on the surface will generally suffice to cause their redevelopment.



ments; but if congestions of the lungs, the brain, the liver or the alimentary canal succeed their untimely disappearance, the plan of treatment which has before been directed may be adopted, weighing well the fact, that in urgent instances the execution of that plan must be prompt and decisive, the local inflammation being paramount to every other consideration. The affection of the lungs may be <sup>augmented by</sup> the sudden and marked disturbances of their functions, and that of the brain, by coma, delirium, twitchings, startings of the tendons, a wild injected eye, and if severe, by convulsions, or by the violent contraction of the posterior cervical muscles drawing the head towards the spine; the one, an evidence of congestion, and the other of phrenitis.

As the consequences of Measles are sometimes far more to be apprehended than the primary disease itself, we should advise our Patients to wear flannel, and warn them particularly against cold





bathing and a too sudden exposure to the vicissitudes of weather. Indeed the most alarming sequel often follows the pursuance of a contrary conduct. Yet, too often is the severity which succeeds an attack interrupted by the most raging tempests, where even the giant arm of medicine proves too frail to stay the transit of humanity's shattered bark; but, alas on the whirlwind of contending nature borne, too soon, as if on ocean tost, it wends its rapid flight to the dismal regions of the dead!

If consumption follows in the train of measles, it should be treated in the same manner as if it had arisen from any other source.

When ophthalmia supervenes it is sometimes extremely urgent, and ought in general to be treated promptly by topical and general bloodletting, purgatives and blistering. This plan will frequently arrest the disease at once, or at all events may prevent its assuming a chronic character; but where the lining of the palpe-



trac is loaded with blood, the under one of each eye may often be scarified with immediate and great benefit - a leech or two perhaps, with cold lotions afterwards, might answer a better purpose.

If a diarrhoea should arise, since it is generally the result of inflammation of the lining membrane of the intestines, it should be treated by moderate venustion as advised by Sydenham.

However, if a due regard is paid to a rigorous antiphlogistic regimen together with the injunctions hitherto enforced, none of these disagreeable, dangerous sequels will ever mark an attack of the Shall.

